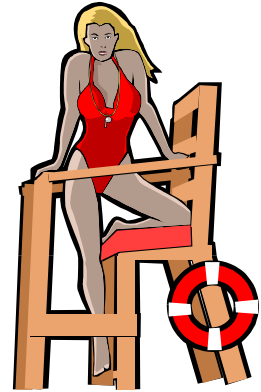


ROCHESTER OLMSTED RECREATION CENTER
21 ELTON HILLS DRIVE NW
287-1386

LIFEGUARD TRAINING CLASS

AUGUST 2004



PREREQUISITE (Student will be tested for following skills)

- Minimum age: 15 on the first day of class
- Swim 500 yards continuously using these strokes in the following order:
 - +200 yards front crawl using rhythmic breathing and a stabilizing, propellant kick;
 - +100 yards breaststroke;
 - +The last 200 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

BEFORE THE FIRST CLASS YOU WILL NEED TO PURCHASE:

- Participant's manual, "Lifeguarding Training".
- Resuscitation mask/Pocket Mask (for CPR).

These items can be purchased at the American Red Cross Office, 310 14th Street SE, Rochester, MN 55904.

PLEASE NOTE: THIS LIFEGUARD TRAINING CLASS WILL BE TEACHING THE UPDATED CLASS REQUIREMENTS FOR CERTIFICATION.

CLASS FEE - \$90.00. Register at Rochester-Olmsted Recreation Center Office beginning May 3, 2004. Class size is limited.

CLASS DATES: August 2, 3, 4, 5, 6

Each student must read and study Chapters 1-4 of "Lifeguard Training" manual BEFORE the first day of class.

CLASS TIMES: 12:00 noon to 5:30 p.m. at the Rochester-Olmsted Recreation Center.

LIFEGUARD TRAINING CLASS WILL QUALIFY INDIVIDUAL TO WORK IN A POOL SETTING. Lifeguards are in great demand in the area so this is a good opportunity to gain employment as a Lifeguard.

COURSE OF INSTRUCTION ESTABLISHED BY AMERICAN RED CROSS